

monitor your teen

Not all kids in Maine drink, yet all teens are at risk. A recent statewide survey reported that 65% of Maine students in grades eight through 12 have tried alcohol. In addition, 38% of the teens said they drank within one month of the survey, and 20% reported binge drinking (five or more alcoholic beverages in a row) within two weeks of the study¹. The numbers rise dramatically in higher grades. More importantly, most teens don't believe their parents would find out if they were drinking. According to the survey results, they're probably right. 83% of Maine parents² don't believe their teen is drinking—they believe "it's somebody else's kid." At least half of them are wrong. The question you have to ask is "do you really know?"

How Can You Tell if Your Teenager is Drinking?

Unfortunately, initial signs of teen alcohol use are typically not obvious. Unless a teen is having serious problems with alcohol, it may be hard to know they are drinking without regular monitor-

83% of Maine parents don't believe **their** teen is drinking—they believe "it's somebody **ELSE's** kid."

ing. However, parents and caregivers who carefully monitor their teens can greatly reduce the risks of alcohol use and abuse. The most important fact to know is that kids who learn from their parents about the dangers and consequences of underage drinking are less likely to use and abuse alcohol³.

When to Monitor

Kids are always at risk and there are countless opportunities for them to test the limits. Effective monitoring needs to be an ongoing process throughout your child's teenage years. It takes place continuously whenever they're away from you; after school, weekends, evening social events, etc. It is especially important to know where your teen is, who they are with, if alcohol will be present, and if there will be adult supervision.

Kids often get in trouble after school between the hours of 3:00 PM to 6:00 PM or during evening and weekend social activities. If you can't be with your child at this time, encourage your teen to do something positive with adult supervision, such as sports, jobs, clubs, or after school programs.

How to Monitor

BEFORE your teenager leaves, make sure that curfews and rules are understood and ask:

- Where are you going?
- What are you doing?
- Who will you be with?
- Will alcohol be present?
- Will there be adult supervision?

DURING

- Have your teenager check in while they're gone

AFTER

When your teenager returns:

- Check for coherence when kids return from social activities. (Some parents like to check unobtrusively for alcohol on their breath.)
- Talk about what happened while they were away
- Ask if alcohol was present
- Ask if any problems or peer pressure were encountered
- Ask how they handled problems or peer pressure

ONGOING

Talk frequently with your kids about alcohol. They are always at risk and consistency matters:

- Know who your kids' friends are
- Know the places they hang out
- Show up early to observe your teen's behavior
- Work with other parents—get lists of e-mails and phone numbers
- Occasionally check to see that your kids are where they say they are
- Teach your kids how to refuse alcohol without embarrassment
- Be a good role model for your teens; what you say—and do—matters (see the enclosed Self-Assessment page)
- Praise and reward good behavior

¹ Source: The 2002 Maine Youth Drug and Alcohol Use Survey (MYDAUS) of Maine 8th-12th grade student. Survey was instituted by the State of Maine to obtain information about the nature, severity, and range of substance use and abuse among adolescents.

² Conducted by Strategic Marketing Services on behalf of the Maine Office of Substance Abuse in 2002.

³ Excerpts on this page adapted from "Make a Difference" National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health, U.S. Department of Health and Human Services, "Keeping Your Kids Drug-Free" by the National Youth Anti-Drug Media Campaign, Office of National Drug Control Policy, and the "National Survey of American attitudes on Substance Abuse VI: Teens" February 2001 conducted by QEV Analytics and funded by the Robert Wood Johnson Foundation and the Substance Abuse and Mental Health Services Administration.

Nine More Stay Healthy Monitoring Tips for Maine Parents

GET INVOLVED

1. Teach kids how to have fun without drinking through sports, family activities, hobbies, clubs, etc.
2. Regularly help with homework
3. Encourage your teen to seek your help on important decisions
4. Eat dinners frequently as a family

ESTABLISH—AND ENFORCE—RULES AT HOME

5. Set and enforce limits and boundaries
6. Praise and discipline your teen when merited

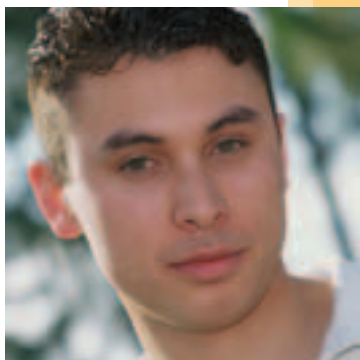
FOLLOW THROUGH—BE CONSISTENT

7. Do not furnish alcohol to teenagers
8. Do not allow teenagers to consume alcohol in your home
9. Support the legal drinking age of 21

TALK
frequently
with your kids
about alcohol.



Teach your
kids to have fun
WITHOUT
drinking.



Want more help?

CALL 1-800-499-0027 (In-State Only) **or 207-287-8900**

TTY: 1-800-215-7604 (In-State Only) **or 207-287-4475** (Special Equipment Needed)

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talk with your teen

Talking with your teen about not using alcohol is the first step in prevention. As a parent, you already understand that your relationship with your teen can make a difference.

The guidance you give strengthens the bond you have with your child and helps counter media images that glorify alcohol. It also gives your teenager the tools he or she will need to resist peer pressure to drink. Still, finding the right words to say, and when to say them, can be tough.

Here are some recommended

examples of how to talk with your teenager—and what to say. For additional ideas, please refer to the “Keeping Your Kids Drug-Free” booklet included in this Parent Kit.

What You Can Say

SET THE RULES:

“If you’re at a party where kids are drinking, I want you to call me and I’ll come pick you up.”

“I love you, and I want the best for you, so I don’t want you to use alcohol.”

“I really want you to be healthy and safe, that’s why I don’t want you to use alcohol.”

AVOID RISKY SITUATIONS:

“It’s not OK for you to ride in a car with someone who’s been drinking.”

“I care enough about you to ask you who you are going with and what you are going to do. I’m your [mom/dad] and it’s my job to keep you safe.”

“You know I love you, but I’m your parent not your friend. I won’t put up with you being in a place where kids are drinking.”

ENFORCE THE RULES:

“We’ve talked about how I feel about you using alcohol—and the consequences. You have no (Internet, telephone, car, visit to friends’ houses, etc.) privileges for (time period).”*

“I’m glad you told me, but I’m disappointed that you tried alcohol. I don’t want you to stop talking to me, but I don’t want you to use alcohol again. You do not get (Internet, telephone, car, etc.) privileges for (time period).”

* Discipline is not negotiable and should depend on the severity of the act and whether or not the child lied. It should not exceed three weeks because your child may forget why s/he is being punished. As an alternative suggestion, consider having your child read and discuss articles on the effects of alcohol, or perform community service.

Developing
open, trusting
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between you and
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What Kids Can Say

Give your teenager the means, and the words, they need to say “no” to alcohol. Teens say they prefer quick “one-liners” that allow them to dodge a drink without making a big scene. It will probably work best for your teen to take the lead in thinking of comebacks to drink offers so that he or she will feel comfortable saying them. To get the brain-storming started, here are some simple pressure-busters.

1. “No thanks.”
2. “I don’t feel like it—do you have any soda?”
3. “I don’t drink.”
4. “My parents would kill me.”
5. “Why do you care whether I drink?”
6. “I’d get kicked off the team (club etc.).”

If you hear something you don’t like, try **NOT** to respond with **anger**.

TIPS for listening & talking with your teen

Developing open, trusting communication between you and your child is essential to helping your child avoid alcohol use. If your child feels comfortable talking openly with you, you’ll have a greater chance of guiding him or her toward healthy decision making. Some ways to begin:

Encourage conversation. Encourage your child to talk about whatever interests him or her. Listen without interruption and give your child a chance to teach you something new. Your active listening paves the way for conversations about topics that concern you.

Ask open-ended questions. Encourage your teen to tell you how he or she thinks and feels about the issue you’re discussing. Avoid questions that have a simple “yes” or “no” answer.

Control your emotions. If you hear something you don’t like, try not to respond with anger. Instead, take a few deep breaths and acknowledge your feelings in a constructive way.

Make every conversation a positive experience. Don’t lecture or try to “score points” on your teen by showing how he or she is wrong. If you show respect for your child’s viewpoint, he or she will be more likely to listen to and respect yours.

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signs to watch for

It's hard to recognize early signs of teen drinking

Most parents are overconfident in believing they would know if their child was drinking. Unfortunately, all of Maine's teens are at risk for use and abuse of alcohol. As parents, it is important to be aware of this risk and to continuously monitor your teen. However, identifying signs of early alcohol use in children can be difficult even with careful monitoring.

One sign that your child is experimenting, or considering doing so, could be a casual mention that one or more of your teen's friends is drinking. Or, your child may say that one of their friend's parents lets their teen drink. These could be "trial balloons" to test your reaction to underage drinking. Other early signs of experimentation might include laughing or joking about friends' alcohol use, alcohol advertisements, or other alcohol-related scenes in TV shows or movies. Your teen may acquire alcohol-related promo-

It is likely that there will be **NO** visible **signs** of early experimentation.

tional items such as T-shirts, mugs, stickers, etc. It is also likely that there will be no visible signs of early experimentation.

By the time a parent recognizes physical and personality changes, the teen is already engaging in heavy alcohol use and could be developing serious abuse problems. While some common warning signs of alcohol abuse are listed below, please keep in mind that because these signs often don't become visible until the teen has been drinking for quite awhile, the most effective approach in reducing teen alcohol usage is through ongoing monitoring. By monitoring, you can find out if your teen is using alcohol before these signs become visible and serious abuse problems may already exist.

SIGNS that may indicate a problem with substance abuse

Some of the signs of alcohol abuse below may also be "normal" adolescent behavior.

What is not "normal," however, is if more than a few of the following signs listed below are present. Such a combination of changes could indicate a serious problem.

Personality or Behavior Changes

- Abrupt changes in mood or attitude
- More irritable or argumentative
- Sudden decline in attendance or performance at school
- Rebelling against family rules
- Sudden resistance to discipline at school
- Uncharacteristic withdrawal from family or friends
- "Nothing matters" attitude; losing interest in school, sports or other activities that used to be important

- Physical, emotional, or mental problems
- Memory lapses
- Poor concentration
- Needs more money—or money missing
- Heightened secrecy about actions or possessions
- Switching friends
- Associating with a new group of friends whom your child refuses to discuss
- Finding alcohol in your child's room or belongings

Physical Changes

- Less appetite or continually hungry
- Loss or gain of weight
- Less interested in appearance
- Circles under eyes and pale skin, including face
- Bloodshot eyes
- Slurred or rapid speech
- Smell of alcohol on breath, or sudden, frequent use of breath mints

Listed on the reverse side are the more common signs of alcohol and substance abuse. Please note that these could also be signs of depression, suicidal ideation or other mental health issues. If you have a concern or think there may be a problem, share your concern with your child. Believe in your power to help your child, but don't be afraid to seek help if you feel overwhelmed, or uncertain, or simply want additional information. If you believe that your child may be having trouble, contact your child's physician for professional advice or assessment; if needed, obtain a referral to a health care professional specializing in alcohol-related problems.

The "Resources" section of this Parent Kit provides additional sources of guidance and information in your community.



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self-assessment

See other side for how
you can **HELP** in
your **community**.

A Tool for Maine Parents

Certain attitudes and behaviors may make alcohol more appealing to your teenager. The following brief self-assessment worksheet could help you see what type of messages you are sending to your teen about alcohol.

Check the appropriate box for each question:

OFTEN	SOMETIMES	NEVER	
			Do you make lighthearted or joking comments about other people's heavy drinking? (i.e. "He's got a hollow leg." or "She holds her liquor well!")
			Do you tell funny or glorified stories about you or your friends' drinking antics when you were younger?
			Do you ask your child to get you a drink from the fridge?
			Do you wear t-shirts, baseball caps, etc. that advertise or promote drinking and/or specific brands of alcohol?
			When watching television with your child, do you laugh at scenes where alcohol is being abused?
			Do you see (and communicate this view to your child) drinking as a rite of passage for teenagers that can't be avoided?
			Do you host adult social gatherings at your home where alcoholic beverages are the only drinks served and/or where drinking is the central focus of the gathering?
			Do you assume that alcohol is a necessary part of any celebration or social gathering?
			Do you model using alcohol as a stress reduction tool? (i.e. comments like "I've had a long day, I need a drink!")
			Do you offer alcohol to your teen as a "special treat" for celebrations, family gatherings, etc.?
			Do you host parties at your house where alcohol is served or available to teens?
			Does your child observe you drinking more than 2 or 3 drinks on any one occasion?

If you answered "often" or "sometimes" two or more times, you might be unintentionally sending mixed messages to your child, and could be implying that it's OK for him or her to drink or experiment with alcohol. Your children look to you for guidance, so try to remain clear and consistent about the messages you are sending to your teens about the dangers of early and high-risk alcohol use. Remember that alcohol impacts teens differently than adults.

the medical impact

Alcohol affects teens differently than adults

Many parents don't realize that alcohol impacts a teenager differently than an adult. In fact, alcohol significantly impacts the brain development of growing teens. Alcohol interferes with memory formation and impairs the sensitivity of the brain to critical chemical functions in adolescents more so than it does in adults¹. By delaying drinking until age 21, your child also reduces the risk of developing a serious alcohol-related problem by 70%. For every year that adolescents delay using alcohol, they decrease the odds of lifelong dependence by 15%, and alcohol abuse by 8%². Delaying your son or daughter's use of alcohol greatly improves their chances of leading a healthier, happier life both now and in the future.

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the **IMPACT** of alcohol on your teen

Physical effects:

Alcohol can harm many organs in your teen's body; The most striking is the

effect of alcohol on the function of brain chemistry in adolescents. With as little as one drink, alcohol impairs normal brain chemical function in adolescents significantly more than adults¹.

Alcohol dependence:

Kids who drink before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21. Research has shown that 40% of kids who begin drinking before age 15 will develop alcohol abuse or dependence at some point in their lives, that proportion drops to below 10% for those who begin drinking after age 21².

Unintentional injury and death:

Alcohol plays a major role in teenage injuries and fatalities. Alcohol-related traffic accidents are the leading cause of death and disability among teenagers. Alcohol is also a major factor in other leading causes of death and injury to teens in the U. S. including homicide, suicide, burns, drownings and falls³.

Emotional and psychological effects:

Alcohol impairs judgement. Alcohol has been linked strongly to teenage depression and suicide⁴.

[1] Source: M.A.D.D. website article *Brain 101*, by Scott Swartzwelder, Ph.D reprinted from DRIVEN magazine, Fall 1998

[2] Grant BE, Dawson DA, 1997. Age at onset of alcohol use and association with DSM-IV alcohol abuse and dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse* 9:103-110.

[3] Adapted from "Make a Difference Talk to Your Child About Alcohol" by National Institute on Alcohol Abuse and Alcoholism(NIAAA), page 4.

[4] Substance Abuse and Mental Health Services Administration. *The Relationship Between Mental Health and Substance Abuse Among Adolescents*. Rockville, MD: Author, 1999. And Alcohol Epidemiologic Data System, National Institute on Alcohol Abuse and Alcoholism. [Estimates for alcohol-related deaths by age and cause.] Unpublished data, 1999. Based on National Center for Health Statistics 1994 *Mortality Data*.

The potential damage alcohol can do to your teenager: The risks are not limited to drinking and driving.

While the vast majority of Maine parents are deeply concerned about drinking and driving, it is often too easy to overlook the many other consequences of underage drinking. Alcohol is a powerful drug that slows down the body and the mind. It impairs coordination and slows reaction times. It clouds vision and judgement. Alcohol is detrimental to your child in ways beyond drinking and driving.

Alcohol is
detrimental
to your child in
ways **BEYOND**
drinking and
driving.



The risky business of underage drinking

There are several social and health consequences which make underage drinking a serious public health problem. Underage drinking contributes to:

- Risky sexual behavior and unintended pregnancies¹
- Sexually transmitted diseases (STDs) such as genital herpes and AIDS¹
- Academic failure and dropping out of school¹
- Criminal behavior—perpetrating rape, assault, robbery, murder and other violent crimes*²
- Becoming the victim of rape, assault, robbery, murder and other violent crimes*²

* The national juvenile justice system reports the majority of their cases involve alcohol use as a major contributing factor¹.

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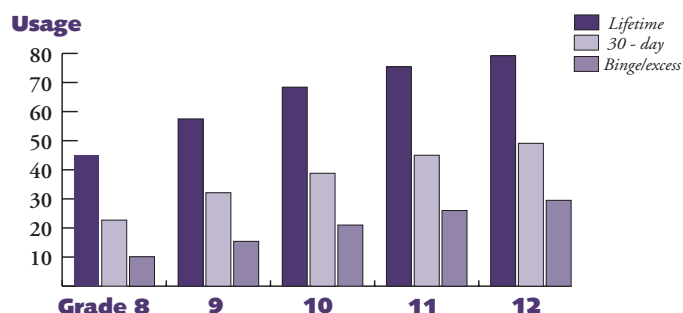
¹ Excerpts on this page adapted from "Make a Difference" National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health, U.S. Department of Health and Human Services, "Keeping Your Kids Drug-Free" by the National Youth Anti-Drug Media Campaign, Office of National Drug Control Policy, and the "National Survey of American attitudes on Substance Abuse VI: Teens" February 2001 conducted by QEV Analytics and funded by the Robert Wood Johnson Foundation and the Substance Abuse and Mental Health Services Administration.

² Source: Excerpt from "Interviews with the Experts. Former Surgeon General David Satcher, MD, PhD, on Binge Drinking." On National Council on Alcoholism and Drug Dependence, Inc. web page www.ncadd.org/programs/awareness/satcher.html

maine facts

What you should know about teen alcohol use in our state

To support Maine's parents and their children, the Office of Substance Abuse recently researched alcohol use and abuse among adolescents in grades 8 through 12. In addition to this 2002 Maine Youth Drug and Alcohol Use Survey (MYDAUS), a random phone survey¹ of parents across Maine asked what *parents* believed was happening in their households with regards to underage alcohol use. The following results are enlightening.



- Lifetime—students reporting use of alcohol (more than just a few sips on at least one occasion)
- 30 day—students reporting use of alcohol on at least one occasion in the past 30 days
- Binge—students reporting having 5 or more alcoholic drinks in a row, students reporting use of alcohol on at least one occasion in the past 2 weeks.

The Maine truth: what Maine parents believe is not what Maine teens say!

PARENTS: **83%** believe that their child has not had more than a few sips of alcohol in their life.

TEENS: **65%** report they have had more than a few sips of alcohol in their life.

PARENTS: **98%** believe that their child has not been drinking alcohol in the month before the parent survey took place.

TEENS: **38%** report they have been drinking alcoholic beverages in the past 30 days.

PARENTS: **99%** believe that their child has not been drinking alcohol to excess (five or more drinks in a row within two weeks prior to the survey).

TEENS: **20%** report they had participated in at least one episode of drinking to excess (five or more drinks in a row within two weeks prior to the survey).

PARENTS: **90%** believe that if their child drank alcohol without their permission, they would catch her/him.

TEENS: **64%** report that their parent(s) would not catch them drinking if they were to drink without their parent's permission.

54% of PARENTS
are probably **WRONG**...if
they believe they would
catch their teen drinking.

¹ Conducted by Strategic Marketing Services on behalf of the Maine Office of Substance Abuse in 2002.

Perceptions versus **FACT**

Teens mistakenly perceive that their peers are drinking more than they really are. Parents often perceive that they would know if their teen was using or abusing alcohol. Whatever your perceptions are, it is helpful to know the facts.

parents:

WHAT PARENTS BELIEVE *It's someone else's kid.*

THE FACTS: Most parents underestimate the extent to which their teen is at risk. Only 17% of the parents surveyed believed their child has ever had a drink. If you assume that it's "someone else's kid" who is drinking, ask yourself the question—do you really know? Monitor your teen's behavior, talk to them about the negative impact of alcohol on their lives.

WHAT PARENTS BELIEVE *My teen is honest with me.*

THE FACTS: Most parents surveyed (97% of moms, 91% of dads) felt that their teens shared their thoughts with them. But when it comes to getting the straight scoop, many kids report it differently. Only 50% of the teens agreed that they share their thoughts and feelings with their fathers, 66% with their mothers. Keep talking and dig deeper. Encourage conversation—ask questions that require more than just "yes" or "no" answers.

WHAT PARENTS BELIEVE *I would know if they used alcohol.*

THE FACTS: 90% Maine parents believe this; only 36% of the teens surveyed agreed. Trust but verify; talk to your teens before they go out—and when they return home.

teens:

WHAT TEENS BELIEVE *Everyone drinks in my school.*

THE FACTS: While 38% of Maine students reported having had a drink in the last 30 days, they are in the minority. Encourage your teen to question their assumptions and help them realize that everyone else isn't drinking.

WHAT TEENS BELIEVE *It doesn't matter, I'll be 21 soon.*

THE FACTS: It does matter; 40% of kids who begin drinking before age 15 will develop alcohol abuse or dependence at some point in their lives¹. That proportion drops to below 10% for those who begin drinking after age 21. Alcohol affects teens and adults differently. It's worth the wait. (See The Medical Impact section in this Parent Kit.)

WHAT TEENS BELIEVE *Alcohol won't hurt me.*

THE FACTS: Alcohol hurts kids. In addition to drunk driving, alcohol is a major cause of many other types of fatal accidents including drownings, burns, falls, and alcohol poisoning from drinking too much, too fast. It makes young people more susceptible to sexual assault and unprotected sex.

¹ (NIAAA) National Institute on Alcohol Abuse and Alcoholism, Washington, D.C. Alcohol Alert No. 35, PH 371, January 1997.

*maine law***FOR TEENS****Illegal Possession**

It is a civil violation* for any person under the age of 21 to possess liquor or imitation liquor except if it is within the scope of their employment or in their home in the presence of their parent. Fines for illegal possession are as follows:

- **1st Offense** \$100 to \$300;
- **2nd Offense** \$200 to \$500; and
- **3rd or Subsequent Offenses** \$500.

* Youths 17 years or younger are charged with the juvenile crime of illegal possession.

Illegal Transportation of Liquor

No person under the age of 21 shall transport alcoholic beverages in a motor vehicle except in the scope of their employment or at the request of their parent. The penalties for illegal transportation are:

- **1st Offense** 30 day license suspension and a fine of no more than \$500;
- **2nd Offense** 90 day license suspension and a fine of not less than \$200; and
- **3rd Offense** One year license suspension and a fine of not less than \$400.

FOR PARENTS**Furnishing Liquor or Imitation Liquor to a Minor**

It is a criminal offense for any person, adult or minor, to furnish liquor or imitation liquor to a minor, or allow a minor under that person's control, or in any place under that person's control, to possess or consume liquor or imitation liquor. This offense may result in fines from \$500 to \$2,000 and/or a jail sentence from 6-12 months. If an injury or death occurs, the person responsible for furnishing the alcohol may be charged with a felony.

Maine Liquor Liability Act

The Maine Liquor Liability Act was established to form a legal basis for obtaining compensation for damages as a result of intoxication and related incidents. A non-licensed, social host (any person who does not hold a Maine Liquor License) can be sued for negligent or reckless conduct under this law.

By definition, negligent conduct is the serving of liquor to a minor intoxicated person, if the defendant knows or a reasonable and prudent person should have known the person being served is a minor or is visibly intoxicated.

Reckless conduct is the intentional serving of liquor to a person when the server knows the person being served is a minor, or visibly intoxicated, and the defendant consciously disregards an obvious and substantial risk that serving liquor to that person will cause physical harm to the drinker or to others.

FOR TEENS

The Teen OUI Law (Zero Tolerance)

Any motor vehicle operator under 21 who operates or attempts to operate a motor vehicle with any alcohol in their blood* shall have their license suspended by the Secretary of State for one year. If they have a passenger under 21, an additional 180-day suspension will be imposed. Refusal to be tested will result in suspension of their operator's license for at least 18 months.

* Minors who test .08 percent or more will be prosecuted for the criminal offense of Operating Under the Influence, which results in even greater consequences.

FOR PARENTS

Financial Implications

Damages may be awarded for property damage, bodily injury, or death caused by the consumption of liquor served by the defendant. The limit on awards is \$250,000 plus medical expenses. (no limit)

Because providing alcohol to a minor or to a visibly intoxicated person is a violation of law, your homeowner's insurance will not protect you in the case of such a lawsuit.

Adapted from the pamphlet *A Guide to Understanding Maine Liquor and Liability Laws* (a cooperative effort between the Bureau of Highway Safety and the Bureau of Liquor Enforcement)

Allowing **minors** other than your own children to drink alcohol in your home (even if you do not supply the alcohol) is a criminal **OFFENSE**, which may result in fines or even jail sentencing.

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community involvement

How You Can Help Fight Teen Alcohol Use and Abuse in Maine

- Actively communicate with other parents in your community.
- Get involved in the efforts of parent groups, coalitions, and prevention programs in your community.
- Start or participate in a pledge that parents can sign stating that they will not supply alcohol to teens or allow teens to drink in their home.
- Be aware of the problems relating to teen drinking all year round, not just at prom and graduation time.
- Don't ignore jokes or comments about your teen's friends' drinking behavior—express concern and take action if possible.
- Make your home a safe and welcoming place for your teen's friends to socialize without alcohol, tobacco or other drugs.
- Support the efforts of law enforcement and school administrators to enforce both the law and school policies consistently and fairly.
- Contact your legislators, school board members, district attorney, police chief, and other local and state policymakers to let them know that you are concerned about this issue.
- Be observant regarding local sales and marketing practices among retailers who sell alcohol in your community. Speak up if you observe a practice that could be encouraging teens to drink; praise those retailers who take positive action to prevent teens from drinking.

- Call your local law enforcement agency to report teen drinking parties. You can also call the Bureau of Liquor Enforcement at 624-8973 to report (anonymously if desired) violations of the liquor laws including underage drinking, illegal sales, furnishing to a minor, etc. Whenever possible, advance reports of parties will allow enforcement officials to prevent problems before they occur by warning intended party hosts about the potential health, safety, and legal ramifications of their choice to host a teen drinking party.
- Be a positive role model — get involved. Drink at or below the USDA guidelines for moderate drinking (no more than 1 drink per day for women or 2 drinks per day for men who drink daily; no more than 4 drinks on any occasion).

Note: a network of Maine parents concerned about underage drinking issues is in the process of forming and identifying actions that they can take as a group in order to impact this problem. If you are interested in receiving further information as this group develops in early 2003, please fill out and return the enclosed postage paid postcard that is included in this kit.

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RESOURCES

maine resources for parents

The Office of Substance Abuse Information and Resource Center (IRC)

The Information and Resource Center (IRC) is part of the Maine Office of Substance Abuse. It houses a collection of books, videos, audiocassettes, and literature. A variety of library materials are loaned, and pamphlets and handouts are distributed free statewide. In addition, the IRC maintains listings of treatment facilities, support group meetings, and other resources in Maine. The catalog is searchable online and material is gradually being made available full text online. Staff can assist (by phone or email) members of the public with requests for information, referrals to services, and other questions related to substance abuse issues.

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(Special Equipment Needed)

Email: osa.ircosa@maine.gov www.maineosa.org/irc

Fax: 207-287-8910

Mainely Parents

Mainely Parents is a statewide prevention program of Day One that serves over 4,000 parents and children annually, through free mutual support groups, parent education, a toll-free Talkline for parents under stress and a quarterly newsletter the Maine Parent Express which focuses on parenting information, advocacy and awareness of child abuse, substance abuse and key children's issues.

1-800-249-5506 or 207-842-2984

<http://www.mainelyparents.org/>

Communities for Children

Communities for Children is a statewide initiative of the Governor's Children's Cabinet designed to create a partnership between state government and local communities as they work to promote positive child and youth development. The goals of the initiative are to measurably improve the well-being of children in every Maine community, and increase educational attainment and achievement levels of all Maine children. Communities for Children invites all Maine communities to become "Partner Communities." Since 1997, 70 communities have joined the network, representing more than 319 municipalities and 70% of the state's population. To find out who the local contact person is for a Communities for Children coalition in your area, check the website or call the Communities for Children office.

<http://www.communitiesforchildren.org>

Phone: 207-287-4377 or in-state 800-780-6230

Child Abuse and Neglect (CAN) Councils of Maine

There are 16 Child Abuse and Neglect (CAN) Councils in Maine, one for each county. Each is a local resource for parenting information, education and support. A list of all 16, with local contact information is available at **<http://www.mechildrens.org/canc.php>** or by calling the Maine Children's Trust at (207) 623-5120.

Community Action Programs (CAPs)

Community Action Programs (also called Community Action Agencies) are nonprofit private and public organizations established under the Economic Opportunity Act of 1964 to fight America's War on Poverty. Community Action Agencies help people to help themselves in achieving self-sufficiency. Many CAP agencies provide various services for parents and children, including community coordination, education, referrals to other family services, etc. For a list of the CAP agencies in Maine, visit:

<http://www.acf.dhhs.gov/programs/ocs/csbj/documents/me-caa.htm>

There are many other local coalitions across Maine that may have a variety of different names and goals. Local contacts for other coalitions that exist in various Maine communities, and may be good resources for parents, can be found on the Web at www.maineosa.org, or by calling or emailing the Information and Resource Center to request assistance in locating coalitions that may exist in your community. These coalitions might include One ME coalitions, Underage Drinking Coalitions, Healthy Community Coalitions, Coordinated School Health Programs, Healthy Maine Partnership, etc.

In addition, there are people in every community that are good resources for parents looking for assistance in dealing effectively with underage drinking issues. These people include:

- School principal or assistant principal
- Guidance counselor, social worker, or substance abuse counselor at the high school
- School resource officers (available in many school districts—can be contacted through either the police department or the high school in communities where they exist)
- Other law enforcement officers, including the local police chief or sheriff
- Pediatricians, family physicians, physicians assistants, or family nurse practitioners who provide health care services to teens

There are good
resources for
parents in **EVERY**
community

Want more help?

CALL 1-800-499-0027 (In-State Only) **or 207-287-8900**

TTY: 1-800-215-7604 (In-State Only) **or 207-287-4475** (Special Equipment Needed)

OSA MAINE OFFICE OF SUBSTANCE ABUSE www.maineoparents.net